

# THE G.A.I.L. GUIDE

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### Important Numbers

#### **City of Greenbelt**

301-474-8000

#### **Greenbelt Connection**

301-474-4100

#### **Senior Nutrition Program**

301-397-2208

#### **Greenbelt Assistance in Living Program**

301-345-6660 ext. 2012

#### **Green Ridge House Service Coordinator**

301-412-2480

## Save Money on Your Heating Bills in 2006

In response to projected heating cost increases the Office of Home Energy Programs, Maryland Department of Human Resources, has instituted a new program to help pay heating costs for some persons whose income is above the eligibility limits for the low-income Maryland Energy Assistance Program MEAP, which is also administered by DHR Office of Energy Programs. Project Heat Up will operate from January 15-March 31, 2006; whether or not the program will be in effect in the future is unknown. Applicants will use the same

application form used for the MEAP and Electric Universal Service Program. If you would like to apply please contact



Christal Parker Batey, Community Resource Advocate, City of Greenbelt 301-474-8000 ext. 2012. Energy Assistance applications will be taken Wednesday, January 11, 2005 from 4:00-7:00 pm in the Municipal Building in the Resource Ad-

vocate Office located on the 2nd floor. Call to reserve your time slot. Spanish speaking residents are encouraged to apply. Bi-lingual assistance will be available.

The following income guidelines apply:

**Individual Maximum Gross Income - \$1395.63 per month.**

**Couple Maximum Gross Income - \$1871.04 per month.** There is no asset test required. Please bring proof of gross income and a current heating bill. A valid identification card and proof of residency are required.

## Ask The Experts Cable Show



Ask the Experts Cable Show will offer viewers a wide array of topics this fall including :

**Tuesday, January 17, 2005**— Disaster Preparedness for Seniors and Persons with Disabilities

**Tuesday, February 21, 2005**—Care for The Caregiver

Ask the Expert is filmed at Green Ridge House 22 Ridge Road, Greenbelt, MD from 11:00–12 :00 noon. Please RSVP if you will be attending the by calling Mary Blount, GAIL Program Senior Aide, at 301-474-8000 on Mondays, Wednesdays or Thursdays from 9:00-4:30 pm.

## NEW STATE OF MARYLAND PLAN TO HELP PAY MEDICARE PART D PREMIUMS

A new program, the Senior Prescription Drug Assistance Plan (SPDAP) is scheduled to begin January 1, 2006. For income eligible persons, SPDAP pays up to \$25.00 per month towards the Medicare Part

D plan of your choice. The SPDAP program will be administered by the Maryland Health Insurance Administration. Income guidelines are as follows: Individuals—\$27,390 per year or less

& \$37,470 per year for couples. There is no asset test for this program. If you qualify please call 1-800-215-8038 for an application. This benefit could save you up to \$300.00 per year.

## HAVE YOU MADE A DECISION ABOUT MEDICARE PART D?

Are you overwhelmed by the thought of having to choose a Medicare Part D Prescription Drug Plan? Have you been to presentations, read articles and listened to friends and are you still confused? If the answer to one or both of these questions is yes, there is light at the end of the tunnel. The Greenbelt Assistance in Living (GAIL) Program is

offering Greenbelt residents personalized Medicare Part D appointments. These free sessions are designed to help residents make informed decisions related to their specific medications and insurance coverage issues. The GAIL Program office will be scheduling appointments to help seniors and their families make informed decisions about this important

benefit issue. Please call 301-474-8000 ext. 2012 to schedule an appointment. Appointments will be offered Tuesdays, Thursdays and Fridays from 9:00 am - 3:00 pm and Wednesdays from 9:00 am -5:00 pm for Thursday. Call now to schedule your appointment.

## The New Greenbelt Assistance in Living (GAIL) Adaptable Equipment Program

Beginning February 14, 2006 applications will be accepted for the GAIL Adaptable Equipment Program. The City of Greenbelt has partnered with GIVES, Green Ridge House and Greenbelt Homes Inc., to offer Greenbelt residents assistance in receiving adaptable equipment for their homes. This new program will offer seniors and disabled participants a choice of two items from the following list:

1. Non-skid bath mat
2. Toilet safety frame
3. Raised toilet seat
4. Handheld shower
5. Tub grip bar
6. Smoke detector
7. Shower chair
8. Shower transfer bench

Items will be delivered and installed by community partners. Participants also have the option of installing items received themselves. The program will offer items to residents on a sliding scale fee. Residents at or below the Federal Poverty Line will receive the items for free. Currently, the Poverty Line is \$798 for an individual and \$1070 for a couple. These guidelines are scheduled to change on February 1, 2006. New guidelines will be available at that time. Residents will pay a sliding scale based on 25% increments. For example: Resident with income of up to 25% above the Poverty Line will receive items at 25% of the cost. Residents with

50% above the new guidelines will receive the items at 50% of the cost and etc. Applicants must be residents of incorporated Greenbelt, be disabled adults or seniors 60 years of age or older and require the two items selected to help maintain their independence. Applicants will be required to show proof of gross income, bank statements and residency. Assets may not be greater than \$15,000 for a couple and \$10,000 for individuals. Assets do not include your residence and your automobile. If you would like additional information about the program please contact the Greenbelt Assistance In Living Program at 301-474-8000 ext. 2012.



### Spanish Speaking Intern allows GAIL Program to offer Bilingual Services

The GAIL Program is please to welcome Nailah Gobern. She is an graduate social work student from University of Maryland. She has a Bachelor's Degree in Psychology from Florida State University. Ms. Gobern will be working with the program beginning September 6, 2005 from 8:30-4:30 pm on Tuesdays and Wednesdays from 10-6 pm. Ms. Gobern is also fluent in Spanish.

For more information on senior programs and services, please contact Christal Parker Batey, Community Resource Advocate at 301-345-6660 ext. 2012 or please feel free to email her at [cbatey@greenbeltmd.gov](mailto:cbatey@greenbeltmd.gov)

**GAIL is on the internet**  
at  
**[www.greenbeltmd.gov](http://www.greenbeltmd.gov)**



Please join the City in welcoming Joe Parisi, Volunteer Maryland Volunteer Coordinator for the Greenbelt Assistance In Living Program. He will be working 20 hours per week through August 2006. He will be working to recruit volunteers, link residents with volunteer services and develop a volunteer policy and procedures manual for the GAIL Program.

## ALZHEIMER'S FAMILY RELIEF PROGRAM

Spouses and other family members are often the ones who provide care for people who have Alzheimer's disease. As the disease worsens, the patient needs more and more care which can put a strain on the caregiver's physical and mental health, life and finances. The Alzheimer's Family Relief Program (AFRP) is aware of the many concerns caregivers and Alzheimer's patients have. As a result, the AFRP created a program that offers financial assistance and other resources for people with Alzheimer's and their caregivers. The Alzheimer's patient needs to be diagnosed by a practicing, certified physician as suffering from "Alzheimer's disease",

"probable Alzheimer's disease", or "Dementia of the Alzheimer's type". To be eligible the patient **and** caregiver must: Attach original documents that have the physician's actual signature (no photocopies or stamped signatures); Submit all bank statements for the last 3 months; Submit tax returns for the last 2 years and a copy of Social Security award letter for the current benefit year; Not have liquid assets that exceed \$10,000. Fill out the application that can be found at <http://www.ahaf.org/afrp/app.htm>.

The program asserts that if the applicants become

eligible they may receive up to \$750 in grants. Do not hesitate to apply; they go on a first-come, first-serve basis. First time applicants will be given priority over repeat applicants. If you have any questions please contact 1-800-437-2423. Don't delay in getting the assistance you and your loved ones need.

